

Community Mental Health Coalition Newsletter

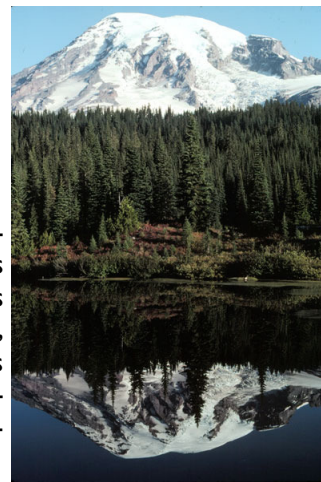
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Mental Health Coalition Update— An opportunity to learn

**Carolyn Price - MH Liaison for Lewis County Public Health
and Social Services Department**

The Mental Health Coalition, made up of service providers, educators, counselors, and community members, is approaching its first anniversary. In recent months, we have heard presentations about the Mental Health Access Program in Thurston County, Human-Equine Alliance Learning, and funding possibilities through E2SSB-5763 1/10 of 1% Sales Tax Option. We are currently gathering information about community needs, and welcome input from community members .



Several members of the Coalition attended the Washington Behavioral Healthcare Conference in June, where the new administrator to the combined Washington State Mental Health Division and Division of Alcohol and Substance Abuse, David Dickinson, was introduced. The Coalition is interested in seeing what will arise with the organizational changes of these state agencies.

Recently the Mental Health Transformation Project hosted the first of many meetings of how to work with the media to reduce the stigma of having mental health issues. Attendees, several of whom were from the MH Coalition, learned it was their responsibility to not perpetuate myths about mental illness, nor endorse the labels often used in the media.

Coalition meetings occur on the first Thursday of the month, from 8-9:30 am, at 156 NW Chehalis Ave, Chehalis, next to the Health Dept. These meetings are open and anyone is welcome to attend!

*****Media and Mental Illness

At the heart of the effort to transform the mental health system in Washington State is the need for a change in thinking – an understanding that recovery from mental illness is not only possible, it happens all the time. And that stigmatizing mental illness undermines recovery from it. It's about a shift in emphasis from mental illness to mental health. Strategies identified to address stigma include:

**Promote the concept of recovery by arranging for recovered persons to tell their stories publicly.*

**Aggressively rebut the uninformed stigmatization of people with mental illness.*

**Educate the public about mental illness, how it can be addressed, and how stigma misleads many of us into fear that is not rational and not accurate. (www.mhtransformation.wa.gov/MHTG/stopstigma.shtml).*

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Lewis County Head Start

Debi Hood, Program Manager

Lewis County Head Start is a Reliable Enterprises program that is federally-funded for income eligible 3- & 4- year old children and families. Services provided are: Education, Mental Health, Dental Health & Nutrition, Preventative Health, Social Services, & Parent Involvement.

Head Start has been serving Lewis County since 1986. Currently the program is funded to serve 157 of the 1179 eligible children at four sites:

Thorbecke's FitLife Center in Chehalis, Toledo, Salkum, and Randle.

At this time, Lewis County Head Start is applying for additional enrollment opportunities. On June 22, 2009, an expansion application was submitted for 30 additional enrollment opportunities within the Centralia, Onalaska, and Mossyrock communities.

An additional application for 120 Early Head Start (pregnant mom & children

birth to 3-years old) children and families is being written in partnership with Centralia Community College.



Coalition Contact Information

*If you are
interested in any
of the projects
mentioned,
please feel free
to email or call
Carolyn Price at
360-740-1430,
Carolyn.Price@
lewiscountywa.gov*

Lewis County Treatment and Prevention Sales Tax Opportunity

In 2005, the state legislature authorized counties to enact a 1/10 of 1% sales tax option which would equal 10-cents for every \$100. As of April 2009, eleven Washington counties have passed this legislative opportunity, and Lewis County community members are taking a look at how it may impact our community.

The revenue generated would provide significant funding support to advance several solutions within both the mental health and chemical dependency strategic plans of Lewis County, such as Family Treatment Court, Drug Court, Family Support Services and Prevention programs, and Mental Health Services within the Law and Justice System. The improvement

of services will create cost offset savings, which can in turn be redirected to serve more community members.

To learn more about this proposal, and provide input regarding community needs, please contact Donna Karvia at 360-748-7860 or Jwdmkar@aol.com

National Alliance on Mental Illness (NAMI) Lewis

NAMI Lewis has moved!

6:00-7:30 pm Educational Support

On the *first* Tuesday of the month, NAMI will be meeting in the Hamilton Meeting Room at the Ver-netta Smith Chehalis Library.

5:15-6:00pm Business Meeting

On the *third* Tuesday of the month, meets the Family Support Group from 5:30-7:00pm, also at the Ver-netta Smith Chehalis Library.

For more information about the meetings, please contact Judy Baskett at 360-785-9668, or baskettcase@myway.com.



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